

ALF - Oatmeal Cookie Mix

Nutrition Facts

Serving Size 25.18g (dry mix)

Serving Per Container 18

Amount Per Serving

Calories 65 Calories from Fat 0

% Daily Value *

Total Fat 4g **6%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 125mg **5%**

Total Carbohydrate 16g **5%**

Dietary Fiber 1g **3%**

Sugars 13g

Protein 1g

Vitamin A 0% Vitamin C 0%

Calcium 0% Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Value may be higher or lower depending on your calorie needs.